



British Dyslexia Association
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Back To School Campaign - Dyslexia at Home August 1999

There are many ways in which parents can help their dyslexic children at home. This will help to make for a happier child and reinforce the support the child is receiving in school. Some practical ways of helping at home:

Encouraging Learning in a fun and positive way

- Read aloud to your child as much as possible.
- Say nursery rhymes together.
- Read poetry, particularly nonsense or amusing poems. These help to keep their attention for longer. Encourage your child to write their own poems or short books.
- Use physical games to build up coordination; kicking balls, skipping throwing, catching, jumping and balancing. Some games can also be used to build vocabulary at the same time; 'Simon says' is a good one for encouraging concentration on language and physical response.
- Use games such as 'I Spy' to develop listening and auditory sequencing. Vary the game so that you are asking for different skills to be used.
- E.g. "I spy with my little eye something beginning with the same sound as ball"
Or "I spy with my little eye something that rhymes with bat."
- Picture sequencing games such as dominoes help to build up visual sequencing skills.
- Memory task games can be both fun and help to develop memory in your child. An example of this would be the objects on the tray game where the child is allowed a limited time to look at the objects, the child is then asked to look away whilst one or two objects are removed. The child must then attempt to identify what is missing.
- Memory and sequencing task games can be fun and help to strengthen memory. "My mother went to market and bought.. ... " is an excellent example.

- Songs can also provide an excellent way of improving sequencing ability.
- Feeling and naming letters can reinforce their shape. Encourage your child to draw letters in sand or make letter shapes with plasticine or modeling clay.

Be Patient

- To overcome disorganisation and forgetfulness, have regular routines for everyday activities; use lists and calendars and encourage the habit of checking them everyday.
- Teach study skills, such as memory aids, how to research topics in the library or on the computer. Many dyslexia centres offer short courses on study skills for older children and these can be especially useful for note taking, revision techniques, essay planning and writing.
- Try to provide your dyslexic child with a computer on which you can run useful programs to help reinforce reading, spelling and number skills.

The BDA has a number of **publications** which may be helpful.

The BDA has produced a **Dyslexia Friendly Schools** pack for every school, with funding from the DfEE. Encourage your school to get a copy and discover the ways in which your teaching environment could be more dyslexia friendly, benefiting all your students. Contact the BDA about how your school can receive its free pack (P&P £2). The BDA will be only too pleased to discuss the issue of Dyslexia Friendly Schools with any Local Education Authority.

The Dyslexia Handbook 1999. Ed Smythe, I. BDA (Nov 1998) £7.00

This Book Doesn't Make Sense. Augur, J Whurr (1995) £10.95

Survival Kit: Preventing Parental Burn-out. Peer, L BDA (1997) £1.00

Seven Ways to Help Your Child with Reading. Geere, B. £3.60

Seven Ways to Help Your Child with Maths. Geere, B. £3.60

Spelling Helpline. Alston, J. Dextral Books. (1992) £4.50

Handwriting Helpline. Alston, J and Taylor, J. (1990) £4.95

Take Time. Nash-Wortham, M and Hunt, J (1994) £9.95

Contact the BDA at the above number for more details.

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